

Sports & Health



A 3rd Marine Regiment "Panthers" kick-returner awaits a kick-off during their 30-0 loss to the Headquarters Battalion "Warriors," Wednesday at Bordelon Field, Camp Smith.

Still the one

Warriors outlast Panthers defense in red-zone slugfest

**Story and photos by
Sgt. D. R. Cotton**

Press Chief

The Headquarters Battalion "Warriors" shut out the 3rd Marine Regiment "Panthers," 30-0, at Bordelon Field, Camp Smith, Wednesday.

The Warriors were finally able to outlast the Panthers' defense in the second half and drive in a few more scores to put the game out of reach for the Panthers, after the Panthers were able to hold the Warriors to just eight points in the first half.

"Our offence was finally able to score some," said Kelvin Brown, Warriors head coach. "We were getting frustrated with all the possessions in the red zone."

With rain, multiple injuries and fatigue setting in, the Panthers' Ironman-style football was unable to hold.

"We stuck to press coverage; we know they're a running offence, and we forced them inside," said Panthers cornerback Darren Terry. "The rain played a big factor offensive-wise with the fumbles. Overall that affected us as a defense with limited time to rest. In the third and beginning of the fourth [quarters], a lot of us started cramping up."

The Warriors scored three additional touchdowns in the second half, unlike the first half, where the winless Panthers seemed well matched for the undefeated Warriors.

"We had to try and play hard defense over a long period of time. They had plenty of subs; we didn't have that," Terry said. "Some guys played both ways ... in most of our games it happens that way. The whole first half, we limit teams to a touchdown or so."

The Warriors' defense was impenetrable, only allowing for a couple of first downs, no points and forcing fumbles on the majority of Panthers possessions.

"We have the best defense in the league," Brown said.

The Warriors will attempt to remain undefeated as they face Combat Logistics Battalion 3 next, Oct. 23, at Bordelon Field.



Headquarters Battalion "Warriors" quarterback Andrew Rios pitches the ball to the halfback, during their 30-0 victory over 3rd Marine Regiment "Panthers," Wednesday at Bordelon Field, Camp Smith. The Warriors ran for three and passed for one touchdown during the game.



Daniel Havea, a 3rd Marine Regiment "Panthers" defender, speaks to his defense during a first-half injury timeout in the Panther's 30-0 loss at Bordelon Field, Camp Smith, Wednesday. Havea, during this huddle, said that their defense had to be the ones to define the game and would be able to give them their best chance for victory.



Sgt. Danny Woodall vs. Sgt. Skyler Tooker

VS is a recurring column tackling debatable issues in the sports and entertainment world. Hawaii Marine readers can submit a subject for future columns by e-mailing their ideas to HawaiiMarineEditor@gmail.com. If there’s a topic you would like to discuss/defend or if you think we missed the mark, let us know and you could see your “opinion,” regardless of how wrong it is, featured below. Suit up, ladies ... it’s game time.



WOODALL



TOOKER

What’s up with Kobe Bryant?

TOOKER: After 16 years in the National Basketball League, Kobe Bryant says his next season may be his last. Kobe is arguably one of the best players to ever play in the NBA and one of the best franchise players in any sport. Bringing five championships to the Lakers and on his way to possibly number six, I think I would cash in my chips and be recognized as one of the all time greats if I was him, but that’s just me.

WOODALL: Kobe has several accolades to his name – five NBA championships, two Olympic Gold Medals, and more All-Star appearances than Joe Mantegna ... I mean Montana ... I mean Michael Jordan. But if Kobe truly wants to “be like Mike” (which he does), then he needs to play longer than the next two seasons. America rightfully forgave Jordan for retiring early – twice. Jordan isn’t just the greatest basketball player of all time, he’s an inspirational brand. If Kobe retires after next season, his legacy will indeed be secure. That legacy, of course, will be “the second best of all-time.”

TOOKER: I wasn’t even going to bring Jordan into this conversation, but it never fails when anyone talks about Kobe,

Jordan is not far from being mentioned. I indeed believe Jordan is and forever will be the greatest basketball player to play the game. I also think all the players playing in the NBA right now all would like to be like Mike. They all grew up watching him with the Bulls dominating with his all-star team. I think Kobe realizes that and he wants the next generation basing their game off of him like he did with Jordan. Kobe realizes it and I think everyone else needs to realize it, there is only one Michael Jordan and there will only ever be one Michael Jordan. Just like there will only ever be one Kobe.

WOODALL: Like many great players before him, Kobe has earned the right to retire after starting in 16 consecutive seasons and playing through injury and pain. Though his stats may decline, Kobe still has the legs to last beyond 2014. He’s wrong to outright say he may not have the passion to play beyond that time. Kobe has a legion of fans all around the world and a franchise on his back (even with the additions of Dwight Howard and Steve Nash). Before making the biggest decision of his career, he should think about the fans before leaving an organization

so highly dependent on his still-thriving skills.

TOOKER: I think Kobe wants to go out on top and by him saying he is leaving the game after next season is almost like him calling his shot. He is predicting the Lakers next championship. It’s just like any career if you stay in it too long it just starts getting embarrassing. Kobe knows when it is time to quit and keep his name at the top of the list of greatest basketball players ever. I think when the Lakers secured Steve Nash and Dwight Howard that was them securing their next championship. With Kobe leaving the Lakers need a new franchise player. Dwight Howard maybe? All I know is whatever happens in Kobe’s career there will never be another one like him. He is a hall of famer in my book. Besides, no one wants to surpass their idols. Six rings is just the right number.

WOODALL: Whoa, whoa, whoa! I’ll give Kobe his due, but the Lakers aren’t even the best team in the Western Conference, let alone the whole NBA. Sure they nabbed a dominant big man in Dwight Howard, but they had to lose Bynum to do it. Until Howard can prove he can play a full season without injury, we’re headed for another OKC-

Miami championship. If Kobe is hanging in there to win his sixth NBA ring, he should extend through the 2016-1017 season.

TOOKER: Okay, do we really think Dwight Howard isn’t a beast who is 10 times the player Bynum was? Making that deal alone and bringing that kind of talent to an already very talented championship caliber team is going to ensure they are not only the best team in the Western conference but in the whole NBA. Gasol and Howard down low will be a force other teams are just not ready for. Not only will they have to deal with the two very dominating big men but they have Kobe, Meta-World Peace and Nash on the outside to worry about as well. Not many teams if any are going to be able to handle that.

WOODALL: The only thing Dwight Howard has proved is that he can single-handedly destroy an organization from the inside. Nash is too old, Meta-World Peace is too unpredictable, and Gasol is trade-bait.

If Kobe retires, the Lakers will go through a painful rebuilding era in a city accustomed to winning. Though I’m a rabid Mavs fan, I don’t want to see a Kobe-less Lakers team in the near future.

SPOTLIGHT ON SPORTS

Splash and Dash Biathlon

Support the sailors of Helicopter Anti-Submarine Squadron Light 37 at the Splash and Dash Biathlon, Saturday, Oct. 20, at 7 a.m. Start the morning with a 500-meter swim in Kaneohe Bay, finishing with a 5K run that begins and ends at the Hangar 103 pad. This race is open to the general public. Online registration closes Tuesday, Oct. 16 at 4 p.m. Visit <http://www.mccshawaii.com> for more information.

Turkey Trot 10K

Take a running tour of MCB Hawaii with our last 10K run of the season, Nov. 17 at 7 a.m. The race will start and finish at Dewey Square. Run alone or in a six-person formation. Register online by Nov. 13 and receive a race T-shirt. Late registrations will be accepted, but with a late fee. Pick up your race packet by Nov. 16 at the Semper Fit Center. For more information, call 254-7590.

Youth Sports

Sign your child up for winter baseball and basketball programs or become a youth sports volunteer coach.

Registration continues through Oct. 23 from 9 a.m. to 5 p.m. For more information, call 254-7473.

Keep cool with Aqua Aerobics

Step into better fitness with water weights during this hourlong class. Participants do not need to swim in order to participate. Class is held at the base pool Saturdays at 9:30 a.m. through the fall. For more information, call Semper Fit at 254-7597.

Semper Fit Juniors Program

The Semper Fit Juniors Program is open to 14- and 15-year-olds who, upon the completion of a Fitness Basics class, will receive a badge and are granted independent access to the center from 2 to 5:30 p.m., Monday through Friday, and during regular operational hours on the weekends and holidays.

Even with completion of the Fitness Basics class, youth must be accompanied by an adult outside of these designated hours. Independent access will be granted to all group exercise classes regardless of times (participant fees still apply). Participants must present their military identification and badge upon

entering the facility after completing the class. For details, call 254-7597.

Adult sailing courses

The base marina offers a monthly adult sailing course where patrons can learn the basics of sailing in just four days. The highlight of this course is that participants will have the opportunity to receive a U.S. Sailing Small Boat Certification, valid at marinas across the nation. The cost includes book and certification. To register, call 254-7666.

New Outdoor Recreation and Equipment Center open at base marina

Check out the fun at building 6800. The OREC features a new, expanded selection of water activity, recreation equipment, and party rentals. For more information, visit <http://www.mccshawaii.com/marina.shtml#open>.

Sail around Coconut Island

Come sailing with us, and we’ll do all the work. We cruise around Kaneohe Bay and Coconut Island Thursdays from 1 to 4 p.m. Bring your own

refreshments. There is a fee per person and a five-person limit. Call 254-7666 for details.

Cosmic Bowling at K-Bay Lanes

The lights are off but bowlers can still strike it big as they play with the lane’s special cosmic lights and neon-colored bowling balls. The glow-in-the-dark games are Fridays from 9 p.m. to midnight, Saturdays from noon to midnight and Sundays from 11 a.m. to 8 p.m. For more information, call 254-7693.

Female Flag Football Schedule

Oct. 14

Game site to be determined
2 p.m.- Army’s Angels v. TNT
3:30 p.m.- Sharks v. War Dawgz
5 p.m.- Falcons v. Maniax

Oct. 21

Game site to be determined
2 p.m.- Falcons v. Sharks
3:30 p.m.- Vixens v. TNT
5 p.m.- Army’s Angels v. War Dawgz
For more information about joining a team or the schedule, email: hawaii_female_flagfootball@yahoo.com.

First-time crew paddles the Molokai Hoe

Rochelle Smolinski

Photojournalist

HONOLULU — One hundred thirty-seven outrigger canoes at six paddlers apiece heave-hoed through the 38 miles of the Kaiwi Channel in Sunday’s Molokai Hoe race.

The grueling race’s beginnings hail back to Oct. 12, 1952, when three Koa outrigger canoes embarked from Kawakiu Bay on Molokai and landed on Waikiki nearly nine hours later. The winning canoe from Molokai, Kukui O Lanikaula, crossed more than 38 miles of open ocean and subsequently spearheaded the annual Molokai Hoe outrigger canoe race.

This year’s Molokai Hoe, officially organized and sponsored by Oahu Hawaiian Canoe Racing Association, remains a rigorous sport of exhausting physical and mental demands in the often turbulent channel between Oahu and Molokai.

According to the OHCRA website, the Molokai Hoe is the Olympics of canoe races. Despite the difficulty of the event, teams from all over the world race here to compete.

Maj. James Hochstetler, Army Special Operations Command Pacific, wrangled a group of special operations men from nearly all branches of the armed forces to compete in this year’s Molokai Hoe.

“Looking at the history of the Molokai Hoe event and the Hawaiian warrior culture, it’s actually a really great fit for us,” Hochstetler said. “Most of the guys I had in the boat do water things in the military by trade whether or not they’re Navy SEALs, combat divers, or Air Force Combat Control Team guys. We’re comfortable in an endurance event and I thought the warrior ethos fit well with the kind of men we had involved.”

Hochstetler worked with Paul Anslow, director of safety for the Marine Corps Air Station, to train the military team out of Anslow’s paddling club Na Koa Lani Outrigger Canoe. Anslow’s passion for the sport led him to create the club for military members and families new to the sport and interested in participating.

“I wanted to bring paddling to the military community because it’s a little intimidating walking up to a club with 60-70 people and you’re new to paddling and new to Hawaii,” Anslow said. “I wanted to bring it onto the base where it might be more comfortable.”

“Na Koa Lani” means ‘heavenly warrior’ or ‘sky warrior’ and Anslow said he thought because of the proximity of the air station that it was a fitting name.

In a narrative written by a member of the Na Koa Lani club, Team Molokai Hoe 2012 is made up of nine active duty special operations forces from Special Operations Command Pacific. This team competed to fundraise support for the wounded, fallen, active and reserve and their families.

The team placed 90th of 137 canoes with a time of 7:31:12 in a race with unfavorable wind conditions and a team given only six weeks to train.



Sara Anslow | Courtesy photo

Team Special Operations Forces Molokai Hoe 2012 haul past Diamond Head toward the finish line from their launch point on Molokai more than 35 miles away, Sunday. From front to rear: Grant Sharpe, Justin Ackerman, Momoevi Taware, Luis Rivera, Chuck Siedlecki, and Mike Metzger.



Sara Anslow | Courtesy photo

Team Special Operations Forces Molokai Hoe 2012, a part of the Na Koa Lani Outrigger Canoe Club, pose for a group photo after the race, Sunday. They ranked 90th of the 137 boats that raced.

“I was a little hesitant because usually people practice for years and years,” Anslow said. “But we worked hard, we practiced hard, and we had an absolutely fantastic race.”

Maj. Momoevi Taware, Army Pacific Command Headquarters at Camp Smith, said this was his first time in the race and he would compete again.

“None of us had any expectations because we’d never done it before,” Taware said. “I think we performed a lot better than we anticipated and were

definitely more competitive than we thought we would be.”

The Molokai Veterans Helping Veterans provided lodging, meals and transport to support the team during their stay in Molokai. Anslow, Hochstetler, and Taware each expressed gratitude toward the non-profit organization for their hospitality.

The Molokai Hoe continues to represent one of Polynesia’s most important and hallowed cultural traditions for paddling teams around the world.



Crime Prevention Tip of the Month:

PMO Contact Numbers & Locations

- To report suspicious activity/behavior or for non-emergency calls contact the desk sergeant:
257-1018/2123; Bldg. 1096
 - For information regarding check in/out, fingerprinting, or weapon registration contact:
257-6994; Bldg. 1095
 - For information regarding pet registration, fishing regulations, or lost/found animals contact the PMO Game Warden:
257-1821; Bldg. 3099
 - For information regarding vehicle decals, base passes, and vehicle registration contact:
257-2047/0183; Bldg. 1637/1095 for MCB Hawaii and 477-8734/8735; Bldg. 601 for Camp H.M. Smith
 - For information regarding traffic regulations, citations, or traffic court contact the Traffic Court bailiff:
257-6991/6992; Bldg. 1095
 - For all other numbers not listed contact Base Information:
449-7110
- For more information visit the PMO website:
<http://www.mcbh.usmc.mil/mp/default.htm>

While operating a bicycle aboard MCB Hawaii installations, be sure to follow Base Order 5500.15B regarding bicycle regulations. Bicycles are only permitted on streets, roads, and parking areas; only children operating foot powered devices with a height of less than 16 inches are allowed to ride on sidewalks. While riding a bicycle, you may not be towed by another vehicle or tow another vehicle, you may not wear headsets, earphones, or other devices that obstruct hearing, and if caught riding a bicycle while under the influence of alcohol or other drugs you will be subject to the same penalties as for driving a motor vehicle under the influence of alcohol or drugs. While operating a bicycle, the operator is required to wear a fastened bicycle helmet at all times. While operating a bicycle at night, the bicycle must be equipped with a front white light that is visible 500 feet. For a list of all the requirements, refer to Base Order 5500.15B Paragraph 7011. For more information, call base safety at 257-1830 or the PMO Accident Investigation Division at 257-6987.

ENERGY CORNER



Buy energy-efficient products, purchase for lowest life-cycle cost!

Is purchasing energy efficient equipment the right thing to do for the environment, or is it the law (for federal buyers)?

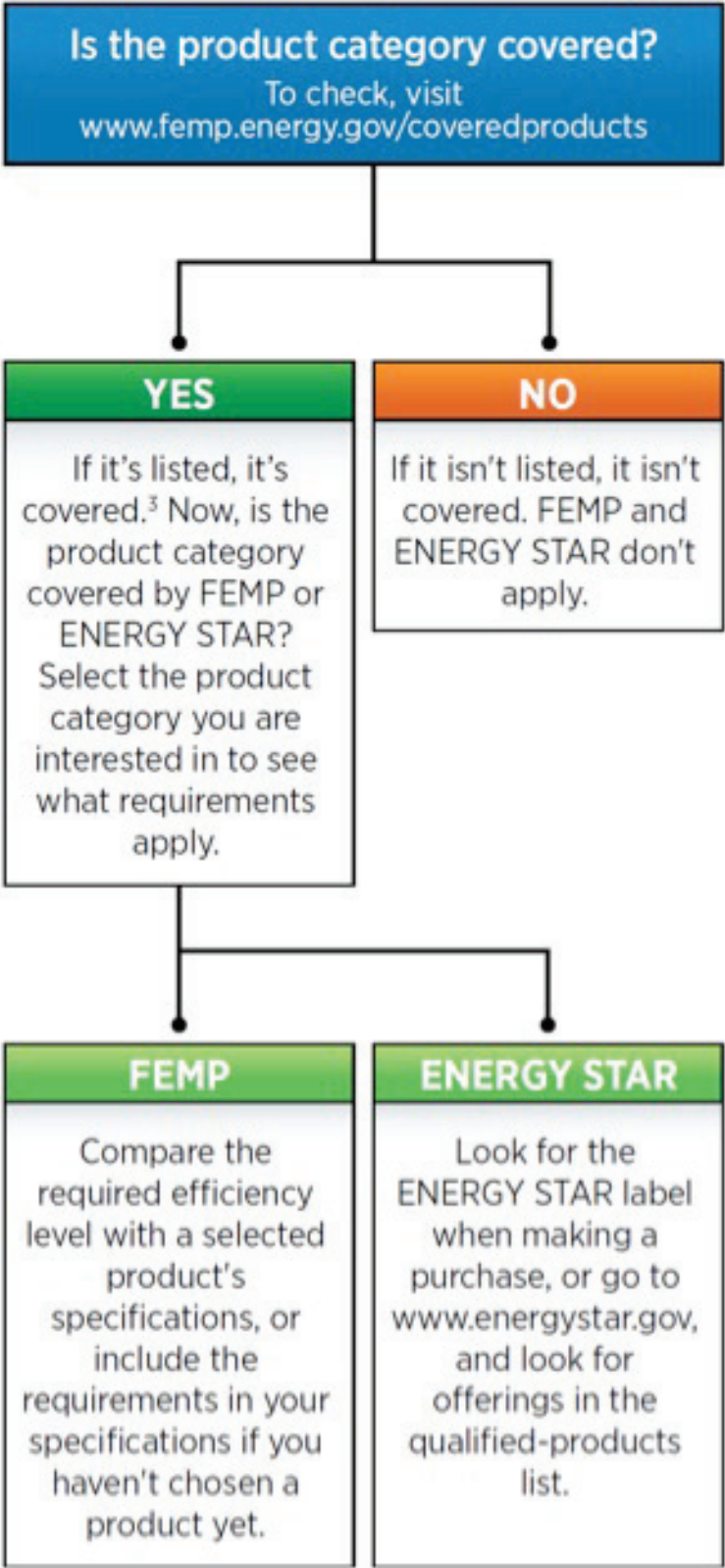
It’s both! The law requires that we buy products with the lowest life-cycle cost, not the lowest first cost. The Environmental Protection Agency’s ENERGY STAR program labels products such as appliances, electronics, building components, heaters and air conditioners, lights, fans and water heaters that meet energy efficiency standards.

To help federal buyers meet these requirements, the Federal Energy Management Program (FEMP) maintains a list of FEMP-designated and ENERGY STAR-qualified product categories found frequently in Federal facilities. Information on these products and requirements can be found at www.femp.energy.gov/coveredproducts or http://www1.eere.energy.gov/femp/technologies/procuring_eeproducts.html.

This really makes sense. In fact, the cost to buy a piece of energy using equipment is often just a fraction of what it will cost to power the equipment over its life. Reducing energy consumption reduces our carbon footprint, reduces our demand on the grid, and saves money in the long run!

At the beginning of this month, which is the Energy Action Month, the Department of Energy has launched the federal “Commit to Efficiency” Campaign to help increase the use of FEMP designated and ENERGY STAR equipment and appliances in the Federal sector. Anyone who procures or specifies energy-consuming products or who influences the procurement, specifying, or sale of energy-consuming products used by the federal government can join the Commit to Efficiency campaign. You can register for the campaign at www.femp.energy.gov/commit.

The goal of this groundbreaking campaign is to save \$130 million worth of energy by Dec. 31, 2013.



BASE AND COMMUNITY EVENTS

Talk Story Festival

The 24th annual free Talk Story Festival is scheduled for Oct. 19 and 20, from 6 to 9 p.m. at McCoy Pavilion (in the center of Ala Moana Beach Park). Storytellers will be telling scary stories on Oct. 19 and family-oriented stories on Oct. 20. For details, contact Jeff Gere at jgere@honolulu.gov, or call 768-3032.

Mission Houses Museum seeks volunteers

The Mission Houses Museum is seeking volunteers for various positions, including accounting/administrative assistant volunteers, curatorial/collections volunteers, database assistants, IT/marketing assistants and more. For details, contact Marcia Timboy at 447-3918 or email mtimboy@missionhouses.org.

Waimea Valley events

Kanikapila Sundays are scheduled on Oct. 21, Nov. 18 and Dec. 16. This freestyle music circle is held in the Waimea Valley pavilion area and free to the public. Bring your instruments or just come and listen to the music from 1 to 4 p.m. Moon Walks are scheduled on Oct. 26, Nov. 30, Dec. 28. This special monthly, 1.5-mile round-trip walk will take you from the ticket booth area to the waterfall area and back for a fee. There is also an Arbor Day Annual Tree Give-Away on Saturday, Nov. 3 scheduled to start at 9 a.m. with an annual plant sale. Waimea Valley's annual Makahiki Celebration on Saturday, Dec. 1. For more information, call 638-7766 or visit <http://www.waimeavalley.net>.

Bellows Boofest

Bellows Boofest will be held Saturday, Oct. 27, from 11 a.m. to 9 p.m. at Bellows Air Force Station. For a small fee, there will be a pumpkin carving contest, scavenger hunt, costume contest, trick or treating, storytelling, a movie, and a Kiddieland to include bouncers, water slide and more. Bring your family and have a fun, safe and happy Halloween at Bellows AFS. For details, visit <http://www.bellowsafs.com>.

Harvest Fest Celebration

The Youth Activities Center is the venue for the 3rd annual Harvest Fest Celebration set for Friday, Oct. 19 from 4 to 6:30 p.m. This is a free event for all base youth and families including a petting zoo, fire engine rides, a pumpkin patch, a haunted house, arts and crafts, games, rides, and our fabulous Trunk or Treat event where children receive Halloween candy.

Young Marines Program open house

Young Marines are opening a unit on Kaneohe Bay, and there will be an open house at the Mololani Community Center, 1931 Campion Drive, at 6 p.m., Oct. 16. We are also looking for adult staff volunteers to begin building our program. This is a great opportunity for community service, and helping us “Strengthen the Lives of America’s Youth.” Must be at least 18 years to apply. For more information email PyramidRockYM@gmail.com or call: 443-975-6805/6807. Please leave a message if we are unable to answer.

MOKAPU BRIEFS

Box Tops for Education submissions are due today.

Bingo Night is scheduled for today. For more information, email PTAMokapu@gmail.com.

USDA Child Care Food Program

Laulima and Olina Child Development Centers have announced their sponsorship of the USDA Child Care Food Program. Meals will be made available to enrolled children/clients at no separate charge without regard to race, color, national origin, sex, age, or disability. Parents'/clients' income determines the amount of money USDA will reimburse us to provide meals to enrolled children/clients. The income eligibility guidelines listed below are used to determine our reimbursement from USDA. Children/clients from households whose monthly income is at or below these levels are eligible to be counted for free or reduced-price meal reimbursements.

Family Size	1	2	3	4	5	6	7	8	For each Additional Family Member-Ad
Free	1,394	1,887	2,379	2,872	3,365	3,858	4,351	4,844	+493
Reduced-Price	1,983	2,685	3,386	4,087	4,789	5,490	6,192	6,893	+702

Any person who believes that he or she has been discriminated against in any USDA-related activity should write immediately to: USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.”

MARINE MAKEPONO

Apartment for rent. Two-bedroom 985-square-foot apartment available in Kailua. Ocean and mountain views. One and a half bathrooms, shower connects bathrooms. Secured building with pool. \$2,000 per month. No smokers. Basic cable and water included. Call 392-0709.

Washer and dryer for sale. Like new, extra large capacity, top-loading Kenmore washer and electric dryer set for sale. Excellent condition. \$450 obo. Call 910-750-2386.

If you would like to sell, buy or trade something in the Marine Makepono section of the Hawaii Marine, fill out a form at the Marine Corps Base Hawaii Public Affairs Office in Building 216, Room 19.

Please have your Military ID and a short write-up of what you'd like to run. You can fill out the form on the spot or return it to the office later. Emails, faxes and telephone calls are not accepted for Makepono classified ads. Marine Makepono may only be used by active duty, reserve, retirees or their immediate families.